

RICHARD J. PODGORSKI

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EXPERIENCE

ESPN

Production Assistant

Bristol, CT
July 2025-Present

Produce dynamic video content for ESPN Studio Wraps, delivering highlights for college football and basketball halftime, pregame, and postgame shows. Collaborate closely with on-air talent and producers to develop in-depth breakdown tapes, high-energy montages and write detailed shot sheets.

NBC Sports

News Desk Editorial Intern

Stamford, CT
June 2024-Aug 2024

Worked with NBC Sports' digital team to produce, edit, and distribute content, including SEO-driven articles to boost site traffic. Managed metadata and optimized headlines for the 2024 Paris Olympics while publishing videos and articles reaching millions across platforms.

Terrapin Sports Central

Executive Producer

College Park, MD
Aug 2021-May 2025

Cover University of Maryland athletics through game highlights, on-site interviews, and in-depth reporting. Lead anchor and producer for studio shows, managing editing, administration, and creative direction. Design graphics in Adobe Photoshop for social media, broadcasts, and game packages.

Capital News Service

Anchor & Reporter

College Park, MD
Jan 2023-May 2025

Regional news and sports for live newscasts in the DC and Baltimore DMAs. Produce high-impact stories in a fast-paced newsroom on deadline with emphasis on breaking news and live shots.

Danbury Westerners

Sideline Reporter

Danbury, CT
June-Aug 2023

Selected as the 2023 NECBL All-Star Sideline Reporter, broadcasting the game to 75+ million households on NESN, MASN, and AT&T SportsNet. Delivered live updates and feature content, and traveled across New England to cover league teams for the NECBL Broadcast Network.

SKILLS

Proficient with AP ENPS, Quantel Editing Software, Adobe Premiere Pro, Photoshop, InDesign, Brightspot CMS, Console (MPX), YouTube Studio, Rundown Creator, studio and control room operations, Sony cameras.

EDUCATION

University of Maryland

B.A. Journalism

College Park, MD
Aug 2021-May 2025

Specializing in broadcast journalism, with a focus on news and sports coverage. Anchor, report, and produce live newscasts under deadlines, consistently seeking out new and relevant content.

AWARDS

2025 Capital Emmy Award, Best Talent - News or Sports
2nd place in the 2025 Hearst Journalism Awards Program National Championship Television Competition
Sixth place in the 2024-2025 Hearst Journalism Awards Program, Television News.
Eighth place in the 2024-2025 Hearst Journalism Awards Program, Television Features.
2025 Broadcast Education Association Festival of Media Arts News Competition, Award of Excellence.
Chesapeake Associated Press Broadcaster Association finalist in: General News, Features, Sports reporting.

REFERENCES

Mel Coffee

(859)-329-3137

Phil Akre

(973)-865-5749

Bill Guider

(203)-658-0818

University of Maryland Journalism Professor

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NBC Sports News Desk Intern Coordinator

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Danbury Westerners Intern Coordinator

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